

Abstract

- A leg exerciser is provided allowing exercise while the user is seated or
- 5 stationary. The leg exerciser includes a base member having at least one longitudinally extending track configured to accommodate a foot pad having a plurality of gliders and/or rollers coupled to the bottom of the foot pad and providing a sufficient coefficient of friction to allow the foot pad to smoothly slide within the track. Various alternative configurations provide foldable construction for ease of travel, mounting devices for
- 10 securing the leg exerciser to a seat, non-removable foot pads and various configurations to provide for variations in travel and/or effort required for movement of the foot pad.